Chapter 6:

What Does Safe and Sanitary Look Like?

Estimated training time:

30 minutes

Educational objectives:

In this chapter, trainees will learn to...

- Describe the *characteristics* of a safe and sanitary food service environment.
- Identify *common pests* found in the food service environment, such as roaches, flies, and rodents.

Presentation outline:

There are nine teaching aids to use with this chapter. One is a group activity; eight are visuals you can use with overhead projectors or copy and hand out.

In Teaching Aids 6.2 through 6.4, cartoon characters of roaches, rodents, and flies talk about how they invade a food service environment and the trouble they cause. To enliven your presentation, ask trainees to read out loud what these pests have to say.

The teaching aids for this chapter are listed on page 192.

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• A First-Rate Facility

VISUAL OR HANDOUT:

Use Teaching Aid 6.1, "A First-Rate Facility."

T E X T

Safe and sanitary food service begins with a facility that is clean and in good repair. The entire facility — including both work areas and equipment — should be designed for easy cleaning and maintenance.

It's important to eliminate hard-to-clean work areas, as well as faulty or overloaded refrigerators or other equipment. Also get rid of dirty surroundings and any conditions that will attract pests.

And remember — the easier the workplace is to clean, the more likely it will *stay* that way.

Floors, Walls, and Ceilings

T E X T

Floors, walls, and ceilings should be free of dirt, litter, and moisture.

Clean *walls* regularly by swabbing with a cleaning solution or by spraying with a pressure nozzle.

Sweep *floors*, then clean them using a spray method or by mopping.

Swab *ceilings* — instead of spraying them — to avoid soaking lights and ceiling fans.

And, don't forget corners and hard-to-reach places!

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Ventilation

TEXT:

Good ventilation is a critical factor in maintaining a clean food service environment.

Ventilation removes steam, smoke, grease, and heat from food preparation areas and equipment. This helps maintain indoor air quality and reduces the possibility of fires from accumulated grease.

In addition, good ventilation eliminates condensation and other airborne contaminants. It also:

- reduces the accumulation of dirt in the food preparation area.
- reduces odors, gases, and fumes.
- reduces mold growth by reducing humidity.

To ensure good ventilation, be sure to:

Use exhaust fans to remove odors and smoke.

Use hoods over cooking areas and dishwashing equipment.

Check exhaust fans and hoods regularly to make sure they are clean and operating properly.

Clean hood filters routinely according to the instructions provided by the hood manufacturer.

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Storerooms

T E X T :

Like all areas of the facility, storerooms must be kept clean and litter-free. To accomplish this, be sure to:

- Sweep and scrub walls, ceilings, floors, shelves, light fixtures, and racks on a routine basis.
- Check all storage areas frequently this includes your refrigerator and freezer as well as your dry storage room. In checking storage areas:

Look for damaged or spoiled foods, broken or torn packages, and bulging or leaking cans.

Remove any potentially spoiled foods *immediately* and clean the area thoroughly.

Make sure foods and other supplies are stored at least 6 inches from walls and above floors.

TO AVOID CONTAMINATION... Store cleaning supplies and chemicals in a *separate area* — away from food supply areas and other chemicals so they do not pose a hazard to food or people.

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Restrooms



Restrooms should be convenient, sanitary, and adequately stocked with the following:

- toilet paper
- liquid soap
- disposable paper towels and/or air blowers
- covered trash receptacles

The trash receptacle lid should open with a foot pedal.

Scrub restrooms daily and keep the doors closed.

You may also want to provide brushes to wash fingernails and sanitizing solution for soaking brushes.

Trash Collection Areas



Garbage must be *kept away* from food preparation areas. It should not be allowed to accumulate anywhere except in designated garbage storage areas.

Garbage containers must be leakproof, waterproof, pest-proof, durable, and easy to clean and sanitize.

Empty trash receptacles often so garbage does not overflow from containers. Clean and sanitize garbage containers frequently and thoroughly, inside and out.

• Pest Patrol

T E X T :

By its nature, the food service environment is prone to problems with pests. Pests may be brought in while food and other supplies are delivered, or they may enter the building through gaps in floors or walls.

Good sanitation and maintenance is key to preventing pest infestation.

Who are the typical invaders?

T E X T :

In a food service environment, the three biggest pests are roaches, flies, and rodents.

Let's look at each of these invaders.

VISUAL OR HANDOUT:

Use Teaching Aid 6.2, "Roaches."

T E X T

Roaches live and breed in holes, damp places, behind boxes, and in seams in bags and folds of paper. They like any place that's dark, warm, moist, and hard to clean.

Roaches' hairy legs are full of debris and disease-causing organisms such as bacteria, fungi, parasite eggs, and viruses. One female cockroach produces *millions* of offspring in her lifetime.

Since roaches generally search for food at night, seeing one in the daytime is a sign of a major infestation. Other signs of infestation include:

- a strong, oily odor
- feces that look like large grains of pepper
- brown, dark brown, dark red, or black capsule-shaped egg cases

VISUAL OR HANDOUT:

Use Teaching Aid 6.3, "Flies."

T E X T

Because they feed on human and animal wastes and garbage, flies can transport a wide range of foodborne illnesses.

Flies can enter a building through holes the size of a pinhead, and can contaminate food with their mouths, footpads, hair, or feces. One female can produce thousands of offspring in one breeding season.

Flies are attracted to places protected from the wind, and to edges such as garbage can rims. They lay their eggs in warm decaying material protected from sunlight, and are fond of human waste areas. In warm summer weather, flies can mature from larvae to adults in only 6 days.

VISUAL OR HANDOUT:

Use Teaching Aid 6.4, "Rodents."

T E X T

Rodents carry many disease-causing organisms and parasites. In fact, one fecal dropping can contain *several million* bacteria. When rodents leave excrement, urine, and other filth on food products and around the facility, these organisms can be easily transmitted to people.

Rodents are prolific breeders, producing as many as 50 offspring in a life span of 1 year. They tend to hide during the day, but can be spotted by tell-tale signs. These signs include the following:

droppings

• nesting materials

• gnawing

- holes
- tracks on dusty surfaces

How can you prevent them?

VISUAL OR HANDOUT:

Use Teaching Aid 6.5, "Lock 'Em Out."

T E X T

Lock them out, and keep them locked out by doing the following:

Fill openings or cracks in walls and floors with putty, plastic wood, or a similar product.

Screen all windows, doors, and outer openings.

Use self-closing doors that open outward.

Inspect food supplies before storing or using them.

VISUAL OR HANDOUT:

Use Teaching Aid 6.6, "Keep It Clean."

T E X T

Clean and sanitize storerooms and work areas thoroughly. To keep them clean:

Clean up spills immediately, and quickly remove crumbs and other food scraps.

Place all garbage in garbage cans that are non-absorbent and easy to sanitize and have tight-fitting lids.

Dispose of garbage properly and promptly.

Dispose of mop and cleaning-bucket water properly.

Keep all supplies clean, dry, and properly stored.

VISUAL OR HANDOUT:

Use Teaching Aid 6.7, "Store It Right."

T E X T

Pests love to get into stored food, if you let them. To avoid having your food infested, remember:

Keep food in labeled containers approved for food storage. These containers should have tight-fitting lids.

Don't store food or containers directly on the floor.

Remove and destroy any food that is infested.

Maintain proper temperatures in storage areas.

In the event of infestation...

VISUAL OR HANDOUT:

Use Teaching Aid 6.8, "In the Event of Infestation."

T E X T

Although pesticides and poisons are no substitutes for good maintenance, you may need them to get rid of pests that have found their way into your facility. You may also need the help of a professional pest control service.

WARNING... Use only pesticides and poisons allowed by the health department.

ACTIVITY:

Use Teaching Aid 6.9, "Prevention Inspection." This is a group activity.

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Teaching Aids to Use With Chapter 6: "What Does Safe and Sanitary Look Like?"

A First-Rate Facility	Teaching Aid 6.1
Roaches	Teaching Aid 6.2
Flies	Teaching Aid 6.3
Rodents	Teaching Aid 6.4
Lock 'Em Out	Teaching Aid 6.5
Keep It Clean	Teaching Aid 6.6
Store It Right	Teaching Aid 6.7
In the Event of Infestation	Teaching Aid 6.8
Prevention Inspection	
	(Group Activity)

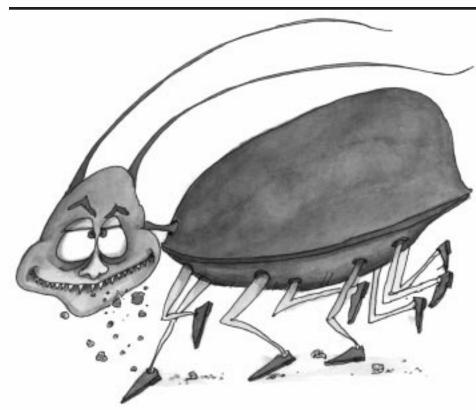
4 First-Rate Facility

A first-rate facility has the following characteristics...

- It's designed for easy cleaning and maintenance.
- The floors, walls, and ceilings are free of dirt, litter, and moisture.
- The exhaust fans and hoods are clean and operating properly.
- All types of storage areas the dry storage room, the refrigerators, and the freezers are in excellent condition. You'll find NO damage or spoilage, NO broken or torn packages, and NO bulging or leaking cans.
- Cleaning supplies and chemicals are stored AWAY from food supply areas. They're also stored AWAY from other chemicals.
- Restrooms are convenient, sanitary, and adequately stocked.
- Garbage is kept away from food preparation areas.
- Garbage containers are leakproof, waterproof, pest-proof, durable, and easy to clean and sanitize.

Teaching Aid 6.1 - "A First-Rate Facility"

Roaches



"We search out places that are dark, warm, moist, and hard to clean — like holes, damp places, behind boxes, and in seams of bags and folds of paper. We come out at night to hunt for food.

"Our hairy legs

leave a trail of debris and disease-causing organisms such as bacteria, fungi, parasite eggs, and viruses. To catch us, look for a strong, oily odor; feces that look like large grains of pepper; and brown, dark brown, dark red, or black capsule-shaped egg cases.

"If you wait long enough, you may catch a glimpse of one of us. After all, one female cockroach can produce MILLIONS of offspring in a lifetime, so some are bound to get crowded out of the nest!"

Teaching Aid 6.2 - "Roaches"

Thing

"Because we feed on human and animal wastes and garbage, we carry a wide range of

foodborne illnesses. When we land on food, we contaminate it with bacteria from our mouths, footpads, hair, and feces.

"It's tough to keep us out because we can get through holes the size of a pinhead. And, once we're in, we multiply! In a single breeding season, each of our females can produce THOUSANDS of offspring.

"What's more, these offspring become adults in a very short time. In warm summer weather, our offspring can mature from larvae to adults in only 6 days!

"We're attracted to places protected from the wind, and to edges such as garbage can rims. We lay our eggs in warm decaying material protected from sunlight, and we're fond of human waste areas. We're not hard to see — but just try to get rid of us!"

Teaching Aid 6.3 -"Flies"

Rodents

"Watch out for us! We carry MANY diseases and parasites! We transmit them to people through excrement, urine, and other filth we leave on food products and around the facility. One fecal dropping alone can contain SEVERAL MILLION bacteria!

"If you don't like having us around, you'll be sorry to hear that we are PROLIFIC breeders, producing 50 offspring in a life span of just 1 year!

"We tend to hide during the day, but you can spot us by our droppings, gnawing, and tracks on dusty surfaces. If you're sharp, you may also notice our nesting materials and holes."

Teaching Aid 6.4 - "Rodents"

Lock Em Out

To lock out those pests and keep them out...

- Fill openings or cracks in walls and floors with putty, plastic wood, or a similar product.
- Screen all windows, doors, and outer openings.
- Use self-closing doors that open outward.
- Inspect food supplies before storing or using them.

Teaching Aid 6.5 - "Lock 'Em Out"

Keep It Clean

Clean and sanitize storerooms and work areas thoroughly. To keep your facility clean...

- Clean up spills immediately, and quickly remove crumbs and other food scraps.
- Place all garbage in garbage cans that are non-absorbent and easy to sanitize and that have tight-fitting lids.
- Dispose of garbage properly and promptly.
- Dispose of mop and cleaning bucket water properly.
- Keep all supplies clean, dry, and properly stored.

Teaching Aid 6.6 - "Keep It Clean"

Store It Right

To store it right...

- Keep food in labeled containers approved for food storage. These containers should have tight-fitting lids.
- Don't store food or containers directly on the floor.
- Remove and destroy any food that is infested.
- Store food in areas with proper temperatures.

Teaching Aid 6.7 - "Store It Right"

In the Event of Infestation

Although pesticides and poisons are no substitute for good maintenance, you may need them to get rid of pests that have found their way into your facility.

You may also need the help of a professional pest control service.

BUT BEWARE... Be sure to use only those pesticides and poisons that are allowed by the health department!

Teaching Aid 6.8-"In the Event of Infestation"



Prevention Inspection

(Instructions for Presenters)

This is a group activity. Use it to wrap up Chapter 6.

First, you'll need...

Copies of Teaching Aids 6.5, 6.6, and 6.7 for each employee.

Then....

- 1. Distribute the teaching aids to employees.
- 2. Visit every room of the food service facility, and while there read each guideline on the teaching aids.
- 3. Ask employees whether each of the guidelines has been satisfied.
- 4. If any problems are found, discuss with employees proper ways to correct them.

Teaching Aid 6.9 -"Prevention Inspection" (Instructions for Presenters)

